



The Channing Connection

CHANNING MEMORIAL CHURCH
UNITARIAN UNIVERSALIST

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November 2022

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We are a Welcoming Congregation!

Wayside Pulpit

Courage is the judgment that something else is more important than one's fears.

- Ambrose Hollingsworth Redmoon

Minister's Column



Dear Channing members and friends,

My sister and I grew up watching *Mr. Roger's Neighborhood*. I remember snuggling up together in front of the TV watching the gentle and kind man hang up his sweater and change his shoes, over and over again, always with delight and rapt attention. And now, as an adult, in the midst of war and illness and political strife, I think of one of his most famous quotes, "When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.'" Throughout each day I repeatedly check my news app on my phone, and, yikes, is it scary. I wonder, where can we find the helpers?

Often, they are right alongside that which is harmful and painful. They are the nurses tending to battleground wounds or the symptoms of one suffering with COVID. They are the newscasters and politicians speaking truth and promoting democracy. They are friends and families finding goodness, warmth, and love in each other. They are neighbors taking care of each other. They are us! Let these small acts of goodness and kindness serve to inspire and shape us more profoundly than any act of horror - let us be grounded in love.

I wonder about goodness. We can find goodness - like that held within the hearts of the helpers, or in the innocent joy of a child, or in the laughter among beloved friends, or in a simple tulip poking through the crusty earth. We can also create goodness. We can craft a work of art or bake a dozen cookies to share. We can offer sympathy and a shoulder to lean on to one who is struggling. We can pray to our sacred and tend to nature and tell jokes to those around us. These joyful acts are contagious! I wonder if, after your small acts of goodness, you can find those around you following suit. How far can one smile ripple throughout our web of life? How great of an impact can one compassionate hug create? How many

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To place an event on the calendar, in the Order of Service announcements, in the newsletter or in an allchanning email, send an email to: newsshare@channingmc.org

Send submittals for the December issue of *The Channing Connection* to newsshare@channingmc.org by **7:00 p.m. on Sunday, November 20.**

(Minister’s Column - continued from page 1)

people will laugh at one simple joke? Each small act has the potential to affect so many!

So, in this column, I will give you each a homework assignment. In the next week, I ask you to do at least one act of kindness for no other reason than because it warms your heart. Read a book to a child, cook some soup for a sick or grieving neighbor, hold the door for a stranger. I’m giving myself this homework, too! Let’s see how much good our sacred community can do for each other and for the world, one small act at a time.

Warmly,
Rev. Jane

**Fall Worship Services at
Robinson Nature Center**

This church year, we have been alternating between fully virtual worship and multi-platform worship at Robinson Nature Center. Typically, we will be at the Nature Center the first and third Sundays of the month. Unfortunately, there were several Sundays already booked. The schedule for the next two months is shown below.

Dates of multi-platform worship at Robinson Nature Center:

November 6
December 4

Lectio Divina



Every second and fourth Tuesday of the month from 7-8pm we join together for a practice of Lectio Divina.

This ancient practice allows us the opportunity to delve deep into a chosen text. Each gathering we will focus on one poem. We will read through the selected text several times, with a different focus on every read-through. After each read through, we will pause for several minutes of silent reflection, which will be followed by each person sharing their unique reflection. **I look forward to this sacred time of meditation and reflection!**

Making Multi-Platform Worship Service Changes While Maintaining Community

A Letter from Rev. Jane

Dear Channing members and friends,

We are in a creative time! The Worship Team have been on a journey together navigating multi-platform worship. As you have seen both in-person and virtually, we are still learning. We acknowledge that worship has not been perfect; each week we have encountered new difficulties. Together, we have agreed on a different way forward, allowing us to provide good, quality, soul-filling worship to all of those in our midst - both in-person and virtual.

Moving forward, on Sundays when we are at Robinson Nature Center, we will hold live worship as usual. However, we will record the live service instead of live-streaming it. We will then send the recording to our YouTube channel for anyone to view at a later time. For a plethora of reasons, this will greatly improve the quality of worship. We may miss this time to be together, but we still have a wealth of opportunities to remain in community!

In order to maintain that community that is at the heart and soul of this church, Rev. Jane will offer two extra events throughout the week. During in-person weekends, she will host a Saturday night candle-lighting Joys and Concerns opportunity on Zoom. We can continue to share what is in our hearts and on our minds with all of those in this beloved community. Rev. Jane will also offer "Tuesdays After" sessions. Each Tuesday evening following a live worship service, after everyone has had a chance to view it, we will join together to discuss any thoughts or emotions the service may have elicited.

We are in a state of experimental worship. We encourage you to share with us any thoughts or comments you may have. Through your feedback, we can fully understand the needs of our community. We welcome you to voice your concerns; Stephen and Rev. Jane will work to address them.

We plan to continue holding in-person worship at Robinson Nature Center on the 1st and 3rd Sundays of the month and to hold fully online services, via Zoom, on the other Sundays. Together - as a sacred community - we are on a journey! We look forward to the road ahead.

Warmly,

Rev. Jane and the Worship Team

President's Column



I am very fortunate to have a group of women friends I walk with several times a week. The group started when our now thirty-something-aged children were in elementary school and grew to include five of us, all very different but brought together by the serendipity of life.

During the pandemic lockdown, we took up the width of the street as we strode side by side, with distance between us, for the hour or so we were out. We fancied ourselves some sort of Charlie's Angels, without the weapons and sexy clothes, but maybe with a tough-looking karate stance from time to time to conjure up the fortitude we needed to face the day. Odds were, that at any given moment at least one of us was tackling a really tough issue or two. We often found ourselves laughing and sometimes unexpectedly crying. We were there for each other, and we grew close.

Many a day, I didn't think our walks should count as exercise since we went kind of slow and spent too much time standing at the end of Tricia's driveway solving the world's problems. On those days, I was more likely to raise my heart and respiration rates by laughing than by any intense effort at moving forward, like I did when I was younger and enjoyed running as a hobby.

Earlier this year, I had to stop most physical activities for a month because of an injury. I was not happy about it, but I followed my physical therapist's instructions and you know what happened when I rejoined my walking friends? Shin splints. I got shin splints, for heaven's sake! The last time I had shin splints was probably 30 years ago.

The term shin splints refers to pain along the shin bone, often occurring in athletes who have recently intensified or changed their training routines. Well, athlete doesn't exactly describe me, and all I did was go back to walking. But the bottom line with shin splints is, don't do too much, too soon. I should have resumed my walking gradually. Surprisingly, this realization brought me to a place of gratitude.

Up until that point, I saw my walks as a habitual, unremarkable activity. Because it wasn't lifting weights, riding my bike, or participating in some sort of sweat-inducing activity my husband dragged me on, I discounted their value in keeping me healthy and fit. It took the pain in my shins to knock some sense into me.

It wasn't only the physical benefits I discounted. I was careless about honoring the safe emotional space created by the companionship and care my friends and I had for each other. Because walking together and sharing our joys and troubles was something we did so often, it seemed an ordinary activity. But, in truth, we had created something holy.

I can't help but wonder if I would benefit from a good case of spiritual shin splints once in a while—something to reawaken me to the precious and valuable space we create here at Channing. The time we spend together sharing our different perspectives and learning from each other's experiences can easily be taken for granted in

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(President's Column - continued from page 4)

the same way I took my walks and my friends for granted. Attending worship services, doing committee work, enjoying social activities, being with Rev. Jane, meeting on Zoom, participating in any and all aspects of church life can feel routine. While routines help make spiritual practices part of our lives, without focus and reflection from time to time, we risk missing the spiritual in our spiritual spaces in the same way I missed the deepest and truest meaning of my time with my walking friends.

In this season of giving thanks, I am thankful for my bout with shin splints. My shin splints, my walking friends, and the cascade of reflection that reminded me of the many ways the ordinary, and even mundane, aspects of being in community here at Channing are spiritual endeavors. In them, we can find meaning and purpose and a place to live our beliefs and values. We are not just doing things. We are enriching the space we're in and, in turn, are enriched by it. What we have here is precious and valuable, and holy. I am grateful for this space and your presence in it.

Board Bits



The Board spent some time during its October meeting ruminating on its current makeup. The Board would like to see as many of the congregation's viewpoints represented as possible, especially at moments when a decision must be made. Five Board members would be better than four.

Critical decisions lie ahead in the effort to establish a physical home for the congregation. The crack Space Team is currently working with realtor Gopal Hariani and supplying the Board with a stream of information. The Board would be pleased to have an additional member to assist in plotting a course of action on this issue as well as other matters. Who among you is willing to step up?

Stewardship Update Year-to-date as of September 30, 2022

General Operating Fund

Total Operating Income	\$ 52,623
Total Operating Expense	<u>-43,165</u>
Difference	<u>\$ 9,458</u>

Greetings Friends and Members of Channing Memorial Church!

It's the November newsletter, and November is nigh, and that means that the CHANNING AUCTION IS NIGH! Excitement! Indeed, let us be excited to attend, excited to eat, excited for the entertainment, and excited to bid on fine events, services, and items that will be in the draft auction catalog that should be coming out REAL SOON NOW.



And now, a little editorial. My favorite thing about the auction is not that it raises money for the Church. Yes, the money is important, but my favorite thing is that it is a serious “community generator” for the Church. The events and services, and even items bring us together in many and different ways throughout the year. I have fond memories of the sermon I bought from Reverend LaMar, the many soup dinners and meals we have hosted, a pile of jigsaw puzzles I’m still working through, and even a box with a family-sized tent and an apparently insufficient set of poles for its construction.

So I hope to see you this coming November 11, 12, and 13. Bring your spirit of generosity, your spirit of camaraderie, and your virtual checkbook. I look forward to seeing you at auction events in the coming year, and I wish you the best of luck in outbidding Reverend Jane Smith for baked goods!

What: Channing Memorial Church Auction

Who: Friends and Members of the Church

Where: Virtual

When: Friday, Saturday, and Sunday, November 11, 12, and 13, 2022.

Food pickup: Saturday, 3:30 p.m. Ledo’s Pizza or Nora’s Kabob and goodie bags.

Zoom meal and live auction: Saturday, begins \approx 4:30 p.m. and ends \approx 8:30 p.m.

Silent auction (on Auctria): begins Friday at 6:00 p.m. and ends Sunday at 6:00 p.m.

Questions? Comments? Concerns?

Email the auction planning committee extraordinaire at channingauction@yahoo.com

With Love,

Your auction planning team extraordinaire: Cathy F., David F., and Eric S.

Volunteer to Help with Auction Entertainment



We are looking for some helpers for this year's auction entertainment which will feature the story and music from Annie.

Like last year, everything will be recorded so there is a lot of flexibility to participate when and how much you would like to.

If you would like to help, feel free to reach out too! **Contact Stephanie B.**

Young Adult Small Group

Each month, our Channing Young Adult group meets to share insights, stories, reflections, and questions. Our conversations are based upon the same monthly themes as our worship services, ranging from imagination to courage to vulnerability. Before each gathering, we engage in individual reflection guided by a monthly Soul Matters packet. Delving deep into our reflections each month leads to meaningful conversation, and the prep work offers thoughts to reflect on between our gatherings. **We gather the third Wednesday of every month from 7-9pm for dinner and conversation.** Young Adults include anyone in their 20s, 30s or 40s. It is always a good time, and we would love for you to join us!

Young Adults Game Night

The **Young Adults Game Night** meets every first Wednesday of the month **from 7:00 to 9:00 pm.** We'll have games and conversation. Anyone in their 20's, 30's and 40's are welcome.

This event is open to the public and folks are encouraged to share this event with anyone who may be interested. Contact *Patrick B.* for information.

Death Cafe

Interested in talking about death and our own finite lives? Following the Death Cafe format practiced all around the country, Rev. Jane will facilitate a small group discussion around tea and cookies. This model is of a free agenda discussion; the topics are determined by those in attendance. This will be a time to reflect on and share what feels most important and pressing to you. Death Cafe will be held Saturday, Nov. 19 from 1-2pm. We will meet either virtually or in-person depending on the preference of participants. Please RSVP to Rev. Jane at minister@channingmc.org

From the 8th Principle Committee

Important Update! There is a new draft of **Article II**. Article II is the “foundation for all of the work of our UUA and its member congregations and covenanted communities.” The Article II Study Commission has been reviewing feedback from the General Assembly and is seeking feedback on their latest draft. We encourage you to read and review the draft found here:

<https://www.uua.org/uuagovernance/committees/article-ii-study-commission/blog/draft-feedback>

To be clear, there is no change to the 8th Principle at this time. The Commission has integrated the principle into Article II. We look forward to discussing this update.

Angela L., on behalf of the 8th Principle Committee

An Election Day Reminder



As election day (Nov. 8) nears, you are encouraged, if you are so inclined, to vote FOR Question A, a Howard County referendum to preserve the Liberty Act, an ordinance enacted in 2020 that prohibits county employees from asking about a person’s citizenship or immigration status or national origin during the routine performance of their duties. Some in Howard County want to repeal this law. Consistent with our UU value of respect for the inherent worth and dignity of every person, the current law continues Howard’s goal to be a safe and welcoming community for all. Vote FOR the law on Question A. For more info, contact Jim C. Thank you.

Take Action to Promote Democracy with UU the Vote of DC, MD, and VA

As the election approaches, UU the Vote of DC, MD, and VA has a lot planned to help get out the vote and protect democracy! And we mean a LOT, from virtual text banking and phone banking to some in-person activities as well. Except for the in-person poll work, training is provided at every single event—just register and show up, and you’ll get the necessary training. Consider inviting other folks from whatever congregational group(s) you’re part of to join you—the RE Committee, ushers, covenant group, whatever! The work is fun anyway, but it’s even more fun with other people you know. Check out our [UU the Vote of DC, MD, and VA Campaign Calendar](#) to see the full list of events. Click the links there for more info and to register. If you have questions, please contact our UU the Vote of DC, MD, and VA Campaign Organizer, Olivia Elder, at uuvotermobilization@gmail.com. The next big event is this coming Monday, October 24, from 6:30 – 8:30 PM. It’s a UU takeover of a virtual phone-bank by New Virginia Majority focused on calling Virginia voters. They created this event specifically for UUs, so let’s show up!

Interfaith Vigil for Refugees

Join us at a very special community event: **United We Pray: Interfaith Vigil for Refugees, November 13, 7:00 p.m.** at St. John's Episcopal Church in Ellicott City. Details follow:

Christ Church Columbia and St. John's Ellicott City, in partnership with Columbia Jewish Congregation, Dar Al-Taqwa Mosque, and Patapsco Friends Meeting (Quakers of Howard County), will host a prayer vigil open to people of all faiths and traditions, as we gather to show our unified support for those around the globe forced to leave their homelands due to war, persecution, or disaster. We will pray particularly for our refugee friends who live, work, and attend school in our communities. The service will include readings, prayers, music, and reflections from the Christian, Hindu, Jewish, Muslim, and Quaker faith traditions. A reception will follow the service, with the opportunity for fellowship and to meet some of the refugee families in our area.

Peace-

The Rev. Denise Schiavone

Deacon, Christ Episcopal Church Columbia

Help Spread the Word About Channing

We all know how wonderful Channing Memorial Church is, with our dynamic minister, spiritual and inspiring worship services, the many spiritual exploration programs and classes, our expanding social justice work, and the warm, friendly and supportive members and friends of this congregation, Channing is a special and unique place. If you, like us, would like the world to know more about Channing and what we offer, below is an easy way to help spread the word.

There are several websites that encourage people to leave comments or reviews specifically about Channing Memorial Church:

- Our own Channing Facebook page (<https://www.facebook.com/ChanningMemorialChurch/>) allows comments and likes. We can definitely use more.
- Channing's Google page appears when you google "Channing Memorial Church, Unitarian Universalist." It permits reviews. Unfortunately, most of the Channing reviews are 4-8 years old. Let's update them.
- Yelp is a business-oriented site that includes basic information about businesses, but also includes churches. It encourages reviews. So far, there is only one review for Channing. The Channing site can be reached by googling "Channing Memorial Church, Unitarian Universalist" and searching through the listings for our Yelp page.

Outreach Team (Marian Vessels, Evelyn Grim, Ken Grim)



**Channing Book Club
Discussion
with author, Melissa Fu**

On October 10, a large group of Channing members met to discuss the novel Peach Blossom Spring with its author, Melissa Fu (front row, second from left).

Channing Book Club

The next meeting of the Book Club, the November meet, will need to be rescheduled due to the auction events. Stay tuned.

Essay for November:

This is available on the web; an essay published by the literary magazine Granta.

[Mr Brown, Mrs White and Ms Black | Kei Miller | Granta](#)

3rd Annual Cookie Swap Coming in December!

Save the date! The elves are back in town for our 3rd Annual Cookie Swap on Saturday, December 10, 2022 at 2 pm at Park Avenue. Get ready to bake and swap!

Cathy F., head elf, and loyal minions, *Nancy H.* and *Kris T.*



Men's Group



Everyone is welcome. We look forward to meeting back at the Bagel Bin when feasible in the coming months. Comments welcome.

The men's group meets on the first Thursday and the third Saturday of the month on Zoom. Email *Ken H.* for more information.

Channing Memorial Church COVID-19 Guidelines

Risk Level →	CDC Green (Low)	CDC Yellow (Medium)	CDC Orange (High)
Indoor Activities	Masks optional depending on comfort level of attendees Reasonable capacity limits based on size of venue Food service can be communal	Masks required in general Masks optional for very small groups depending on comfort level of attendees Reasonable capacity limits based on size of venue with distancing required Food service can be communal with prior notice given to attendees	Masks required Strict capacity limits with distancing required No indoor food –unless eating alone in an enclosed space
Outdoor Activities	No restrictions	Masks optional Reasonable capacity limits based on size of venue Food service can be communal with prior notice given to attendees	Masks required Reasonable capacity limits based on size of venue with distancing required No food served
Worship Services and Large-group Activities	Multi-platform, as available Normal capacity limits Masks optional indoors Distancing not required Sign-in required Food service can be communal Masked singing indoors Unmasked singing outdoors *After 30 days at this level, activities may resume without COVID-19 restrictions & requirements with prior notice given to attendees.	Multi-platform, as available Reasonable capacity limits based on size of venue with distancing required Masks and distance required except when presenting Indoor, solo, microphone singing without a mask with use of pop filter and a microphone shield Masked singing indoors Unmasked singing outdoors with distancing required Registration required Outdoor food only Food service can be communal with prior notice given to attendees	Online only

Check the overall risk levels for Baltimore and Howard counties at Covid ActNow website. Follow protocols for whichever has the higher level of risk. <https://www.covidactnow.org/us/maryland-md/?s=38772625>.

Hosts of meetings and events held away from Park Avenue and worship venues should make decisions about precautions considering this guidance, local regulations, and the comfort level of each attendee.

November 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<i>1</i> Minister's Office Hours 1:00 -4:00 pm	<i>2</i> Space Search Mtg. 5:00- 6:00 pm Young Adult Game Night 7:00-9:00 pm	<i>3</i> Men's Group 10:00 am - 12:00 pm	<i>4</i> Membership Team 2:00 pm Outreach Meeting 6:00 -7:00 pm	<i>5</i>
<i>6</i> Worship Service 10:30 - 11:30 am at Robinson Nature Cen- ter DAYLIGHT SAVING TIME ENDS	<i>7</i>	<i>8</i> Minister's Office Hours 1:00 -4:00 pm LDNC Meet- ing 5:30-7:30 pm Lectio Divina 7:00-8:00 pm ELECTION DAY	<i>9</i> Stewardship Comm. Mtg. 7:00-8:00 pm	<i>10</i> Men's Group 10:00 am - 12:00 pm	<i>11</i> Worship Team Meet- ing 1:30-3:00 pm VETERANS DAY	<i>12</i> Channing Auction 4:30- 8:00 pm
<i>13</i> Worship Ser- vice 10:30 - 11:30 am	<i>14</i>	<i>15</i> Minis- ter's Office Hours 1:00- 4:00 pm Board Meet- ing 7:00-9:00 pm	<i>16</i> Young Adult Group 7:00- 9:00 p.m.	<i>17</i>	<i>18</i>	<i>19</i> Men's Group 10:00 am - 12:00 pm Death Café 1:00-2:00 pm
<i>20</i> Worship Service 10:30 - 11:30 am	<i>21</i>	<i>22</i> Minister's Office Hours 1:00 -4:00 pm Lectio Divina 7:00-8:00 pm	<i>23</i>	<i>24</i> THANKS- GIVING DAY	<i>25</i>	<i>26</i>
<i>27</i> Worship Service 10:30 - 11:30 am	<i>28</i>	<i>29</i> Minister's Office Hours 1:00 -4:00 pm	<i>30</i>			

Channing Memorial Church
Unitarian Universalist
3677 Park Avenue
Ellicott City, MD 21043

On the web:
www.ChanningMC.org

Channing Memorial Church, Unitarian Universalist

Our mission is to invite seekers into spiritual community, connect souls in mystery and wonder, and ignite compassion into action.

We are a church of liberal religious worship that inspires its members on their spiritual journeys. We derive a common spiritual center from Jewish and Christian roots while drawing inspiration from other world religions; promote religious education for all ages; create a welcoming, supporting, and caring community; and work together to build a better world.

NURTURE Your Spirit.
Help HEAL The World.



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